

Mental Health Aware Synopsis

Course Overview

This is a MHFA England half-day (4 hour) introductory course (delivered online or in person) which raises awareness of mental health.

Course Objectives

- To understand what mental health is and how to challenge stigma
- To gain a basic knowledge of some common mental health issues
- To explore looking after your own mental health and maintaining wellbeing
- To build confidence to support someone in distress or who may be experiencing a mental health issue

Content Summary

- Exploration of mental health and poor mental health, including contributing risk/protective factors and workshop activities and discussions that encourage reflection.
- A brief overview of mental health conditions to support learning
- An insight into the risks associated with someone experiencing poor mental health
- Confidence to start conversations by building a toolkit to help communication and listening skills
- An introduction to looking after your own mental health and maintaining wellbeing

Requirements for attendees:

Over the age of 18

Comfortable with the content of the course